

NOVEMBER 2025

Essex Area Senior Center Newsletter

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HOLIDAY
PROGRAMMING IS
STARTING - LOOKING
FORWARD TO SEEING
YOU ALL AT MEALS
AND EVENTS THIS
SEASON!

THANKFUL



IMPORTANT ANNOUNCEMENTS

SENIOR CENTER MEMBERSHIPS

Due to being open only for the first three months of 2024 at Lincoln Hall, before vacating for renovations, there will be no membership fees for the Senior Center until further notice.

**** There will be no programming on Thursday, November 27th and Friday, November 28th in observance of Thanksgiving****

The Holy Family Parish Center is EASC's programming space during the Lincoln Hall Renovations-
Address: 28 Lincoln St. Essex Junction, VT 05452

CONTACT INFORMATION

 **FACEBOOK PAGE:**
@essexjunctionrecreationandparks

WEBSITE:
www.ejrp.org/olderadults

EJRP CONTACT INFORMATION:
Julie Shorter
Program Director
for Older Adults

EMAIL:
jshorter@ejrp.org

PHONE:
(802) 878-1375 x 1553

TEMPORARY LOCATIONS DETAILS

HOLY FAMILY PARISH CENTER

- Tuesdays: Bingo (10:00 AM - 1:00 PM)**
- Wednesdays: Cribbage (1:30-3:30 PM)**
- Thursdays: Duplicate Bridge (12:30 PM - 4:00 PM)**

Please note that the room in which programs will take place within the Holy Family Parish Center will be inconsistent. There will be various forms of communication to ensure all are aware of the specific locations for each program

BROWNELL LIBRARY - KOLVOORD ROOM
-FRIDAYS: MAH JONGG (10:00 AM - 12:00 PM)

JOIN OUR EMAIL LIST!

-Help us increase communication in the Senior Center by signing up for the list-

Sign up by visiting ejrp.org/olderadults and filling out the Essex Area Senior Center Newsletter Subscription Google form!

Senior Center Newsletter Subscription Google form!
(Form Link: [HTTPS://forms.gle/qgwRwgkJRUGg51B46](https://forms.gle/qgwRwgkJRUGg51B46))



RECENT PROGRAMMING RECAP

THANK YOU TO LAURI AND KATHY FOR HOSTING HALLOWEEN CARDMAKING!



THANK YOU TO EVERYONE WHO CARVED A PUMPKIN FOR OUR DISPLAY AT MAPLE STREET PARK AND TO OUR LOVELY VOLUNTEERS THAT HANDED OUT CANDY TO OUR TRICK-OR-TREATERS !



SENIOR CENTER WEEKLY PROGRAMMING

MONDAYS:

**No consistent
weekly programs**

TUESDAYS:

10AM-1:00PM – BINGO

- FREE! Fun prizes!
- Bring your own lunch, lunch break at 11:30AM
- At the Holy Parish Family Center

WEDNESDAYS:

1:30-3:30PM – Cribbage

- FREE! Beginners are welcome!
- Bring your own board if you have one!
- At Holy Family Parish Center



THURSDAYS:

12:30-4PM - DUPLICATE BRIDGE

- FREE!
- MUST HAVE A PARTNER!
- At the Holy Parish Family Center

FRIDAYS:

10AM-12PM – MAH JONGG

- FREE!
- At the Brownell Library
(Kolvoord Room)

Have programming you'd like to see?

Chat with me in person or send me an email!

jshorter@ejrp.org

Whether it's regular weekly programming or a one-off event, I'd love to hear your ideas and help bring them to life!

From Julie!



GIRL SCOUTS VISIT



JOIN THE GIRL SCOUTS (AGES 6-9) FOR AN
AFTERNOON VISIT!

THEY WILL HAVE A SEWING PROJECT AND COOKIES TO
SHARE!

WHITCOMB WOODS COMMUNITY ROOM
128 WEST STREET, ESSEX JUNCTION
SUNDAY NOVEMBER 23RD
2-3PM



FREE

CARDMAKING

JOIN LOCAL CARDMAKER LAURI TO CRAFT YOUR OWN
HOLIDAY GREETING CARDS. NO EXPERIENCE NECESSARY.
REGISTRATION REQUIRED. CONTACT JULIE TO REGISTER:

JSHORTER@EJRP.ORG

802-878-1375

HOLY FAMILY PARISH HALL
THURSDAY DECEMBER 11 1PM



STAY ACTIVE THIS WINTER!



INDOOR WALKING CLUB

AT THE CHAMPLAIN VALLEY EXPOSITION
(105 PEARL ST, ESSEX JUNCTION)



ENTER THE MAIN ENTRANCE AND TAKE A RIGHT AT GATE C-2, PARK THERE
IN THAT PARKING LOT. A SIGN WILL BE ON THE SMALL GRAY DOOR.

**MONDAYS AND FRIDAYS 11AM-NOON STARTING MONDAY,
NOVEMBER 10**

**YOU MUST FILL OUT THIS WAIVER BEFORE JOINING, IF YOU NEED
ASSISTANCE PLEASE CALL JULIE AT 802-878-1375**

**[HTTPS://NORDICSOCCER.ORG/INDOOR-CENTER/NISC-HOUSE-
RULES/THE-NORDIC-INDOOR-SOCCER-CENTER-REGISTRATION-
WAIVER-FORM-CLICK-HERE](https://nordicsoccer.org/indoor-center/nisc-house-rules/the-nordic-indoor-soccer-center-registration-waiver-form-click-here)**

**IN THE PROGRAM DROP-DOWN, SELECT
'WALKERS, MONDAY AND FRIDAY'**



**(YES I KNOW IT'S FOR SOCCER, NO I'M NOT TRICKING YOU INTO
PLAYING SOCCER! THEY ARE JUST THE GROUP THAT WILL BE HOSTING
THE SPACE FOR US!)**

HIKING CLUB

**WE ARE STARTING TO WIND DOWN FOR THE YEAR, BUT WE ALSO
HAVE SNOWSHOES AT MAPLE STREET PARK AND WILL CONTINUE TO
HAVE OPPORTUNITIES THROUGH THE WINTER!**

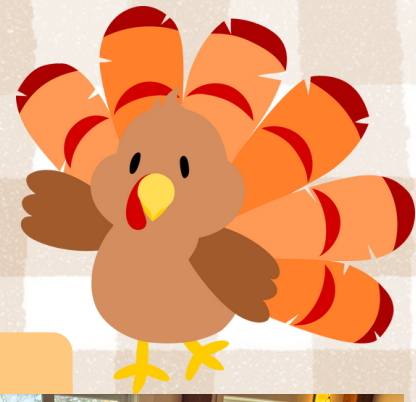
REACH OUT TO JULIE TO FIND OUT MORE INFORMATION!

**JSHORTER@EJRP.ORG
802-878-1375 EXT 1553**



THANKSGIVING MEAL

Join us!



Monday, November 17

Check in: 11:30am

Meal will be served at noon

Holy Family Parish Hall



Raffles, giveaways, and a meal!

EJRP has partnered with Age Well,
and there is a suggested **donation**
of \$5 at the door for Age Well

Menu: Roast
turkey, mashed
potatoes,
stuffing, gravy,
rolls, pumpkin
pie

Contact Info

Advanced registration
required by Nov 12!

Email: jshorter@ejrp.org

Phone: 802-878-1375



CRANKIE SHOW

TUESDAY NOVEMBER 18, 2025 12:30pm

STORYTELLING, SONGS AND CRANKIE ART

**WITH ROSE DIAMOND ACCOMPANIED
BY MICHAEL HARTIGAN ON THE PIANO**

**TOWN MEADOW SENIOR HOUSING
22 Carmichael St, Suite 100, Essex**

Come and experience colorfully enlivened original illustrations of folk tales and songs told and sung for old and young! Mike Hartigan on piano adds his magical touch to Rose's singing and telling. An interactive form of theater, Rose's crankie shows will put a smile on your face!

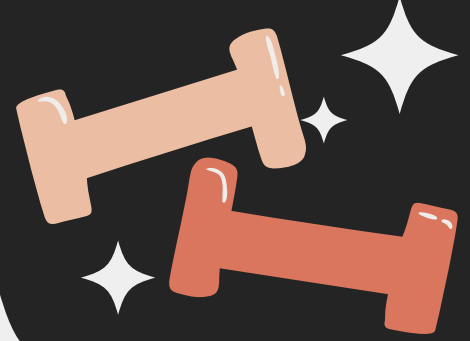
**Contact Julie to register!
jshorter@ejrp.org
802-878-1375**

**Free! A tip basket will be
passed around at the
conclusion of the show.**



"LIFTING" SPIRITS

THE CLASS OFFERS A DYNAMIC FUSION OF DANCE AEROBICS, SPORTS DRILLS, WEIGHT LIFTING, BALANCE, FLEXIBILITY AND ENDS WITH MINDFULNESS EXERCISES. ALL TAUGHT IN A LOW-IMPACT STYLE AND SET TO MOTIVATING MUSIC.



INTENDED FOR PARTICIPANTS WITH A BASELINE LEVEL OF PHYSICAL FITNESS, YET IS OPEN TO BEGINNERS.

BYOW (BRING YOUR OWN SET OF 1, 2 OR 3LB HAND WEIGHTS) IF YOU DON'T HAVE HAND WEIGHTS, YOU CAN STILL ENJOY CLASS AND HAVE MORE OF A CARDIOVASCULAR WORKOUT.

INSTRUCTOR: MARLENA SILVA IS AN AFAA CERTIFIED GROUP FITNESS INSTRUCTOR WITH 36 YEARS TEACHING EXPERIENCE. SHE ENJOYS MAKING CLASSES FUN AND WATCHING PEOPLE MEET THEIR FITNESS GOALS!

**\$10/CLASS
OR SIGN UP FOR THE WHOLE MONTH FOR \$9/CLASS**

**Maple Street Park Aspire Studio
Mondays, no class 11/24
9-10am**

**REGISTRATION REQUIRED!
CALL EJRP AT 802-878-1375
OR VISIT EJRP.ORG**



GET MOVING TO THE BEAT!



ZUMBA GOLD WITH CIARA GREGORY



ZUMBA GOLD IS A MODIFIED VERSION OF ZUMBA THAT IS GEARED TOWARDS ACTIVE OLDER ADULTS SEEKING LOWER-IMPACT WORKOUTS. THE DESIGN OF THE CLASS INTRODUCES EASY-TO-FOLLOW ZUMBA CHOREOGRAPHY THAT FOCUSES ON BALANCE, RANGE OF MOTION, AND COORDINATION. CHAIRS WILL BE AVAILABLE TO ALL PARTICIPANTS. COME READY TO SWEAT AND PREPARE TO LEAVE EMPOWERED AND FEELING STRONG.

PLEASE WEAR LOOSE-FITTING, COMFORTABLE CLOTHING, AND BRING A WATER BOTTLE AND INDOOR SHOES TO CHANGE INTO WITH GOOD SUPPORT.

**\$10
/CLASS**

**THURSDAYS
NO CLASS NOV 27
(THANKSGIVING)
9:30-10:30AM
ASPIRE STUDIO,
MAPLE STREET
PARK
(75 MAPLE
STREET)**



MOVE YOUR BODY!



NIA DANCE

NIA® IS A DANCE, FITNESS, MINDFULNESS PRACTICE WITH THE “JOY OF MOVEMENT” AT ITS CORE. DRAWING FROM THE WISDOM AND MOVEMENT LANGUAGES OF MODERN DANCE, MARTIAL ARTS, AND HEALING ARTS, NIA DELIVERS A FUN, ENERGETIC HOUR OF MOVEMENT (INCLUDING A WARM-UP, COOL-DOWN, AND STRETCH PHASE). THE PRACTICE IS DESIGNED TO PROMOTE MINDFULNESS AND TO BE PERSONALIZED FOR ANY BODY OR ENERGY LEVEL, ALL WHILE OFFERING A HIGH CARDIO WORKOUT THAT’S EASY ON YOUR JOINTS. ALL CHOREOGRAPHY IS BASED ON 52 SIMPLE MOVES, WHICH PARTICIPANTS ARE ENCOURAGED TO ADAPT TO THEIR OWN BODY. NO DANCE EXPERIENCE NECESSARY. STEP INTO THE STUDIO, TAKE OFF YOUR SHOES, AND GET READY TO FEEL BETTER INSIDE AND OUT AS WE DANCE AND SWEAT TO A DIVERSE ARRAY OF MUSIC.

**ASPIRE STUDIO,
MAPLE STREET PARK
(75 MAPLE STREET)**

SUNDAYS 9-10AM

**FALL SESSION 2: OCT 19-NOV 24
WINTER SESSION: JAN 4-FEB 8**

\$30 FOR 6 WEEK SESSION

EASY GOING FLOW YOGA

EASY FLOW YOGA COMBINES MANY COMPONENTS OF A WELL-ROUNDED YOGA PRACTICE WITH SIMPLE SEQUENCING AND LONGER HOLD TIMES OF SOME POSES. CONNECT TO YOUR BODY AND BREATH FOR AN HOUR AND RETURN TO THE WORLD A MORE CENTERED YOU. THIS CLASS IS AVAILABLE TO THOSE WITH SOME YOGA EXPERIENCE, REGARDLESS OF AGE AND GENDER. MATS NOT PROVIDED — BRING A TOWEL OR BLANKET TO PRACTICE ON INSTEAD.



**75 MAPLE STREET, MULTIPURPOSE ROOM
FRIDAYS 9-10AM**

**FALL SESSION 2: OCTOBER 31-NOVEMBER 22
WINTER SESSION: JANUARY 9-FEBRUARY 13
\$60 FOR 6 WEEK SESSION**



CHRISTINA MERHAR, REGISTERED YOGA TEACHER

COMMUNITY MEALS

DECEMBER ST PIUS SENIOR LUNCH

**DEC 3 @ NOON
ST. PIUS X**

**RESERVATIONS REQUIRED
BY NOVEMBER 28TH**

**IF YOU SIGN UP, PLEASE
SHOW UP. IF YOU CAN'T
MAKE IT, CALL DONNA
OR E-MAIL GLORIA.**

EMAIL:

DEELEYGLORIA@GMAIL.COM

CALL:

DONNA @ (802) 879-7922

**THANK YOU, DONNA,
GLORIA, AND
ST. PIUS VOLUNTEERS!**

**\$5 CHARGE AT
THE DOOR**

**20 JERICO
RD.
ESSEX, VT
05452**

**REMINDER
THAT
OCTOBER'S
LUNCHEON
IS 10/29!**



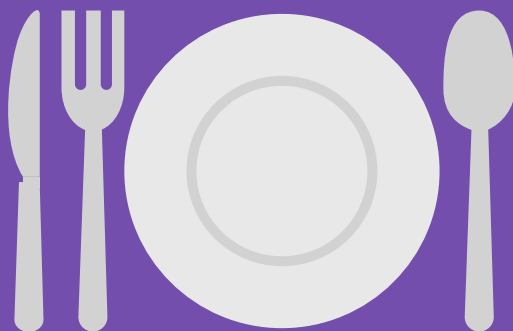
**MENU :
SEASONED PORK
LOIN, SWEET POTATO
CASSEROLE, GREEN BEANS
DESSERT**

ESSEX COMMUNITY DINNER

**ESSEX COMMUNITY
DINNERS ARE
PROVIDED IN ORDER
TO GROW AND
PROMOTE
COMMUNITY!**

BY DONATION

**FRIDAY,
NOVEMBER 14TH
5:30PM
AT THE HOLY
FAMILY PARISH
CENTER**



ART CLASSES

LOTS OF OPPORTUNITIES WITH
TINA LOGAN AT HER STUDIO!
SIGN UP AT
REGISTRATION.EJRP.ORG OR
CALL **802-878-1375!**



156 RAILROAD STREET, SUITE 6
ESSEX JUNCTION, VT 05452

HARVEST STILL LIFE DRAWING AND PAINTING

IN THIS CLASS WE WILL USE DRAWING AND PAINTING MEDIA TO
CREATE A BEAUTIFUL STILL-LIFE DRAWING FROM AUTUMN'S BOUNTY.
NO EXPERIENCE NECESSARY, ONLY INTEREST AND ENTHUSIASM.



WEDNESDAY NOVEMBER 12
6-8PM
\$30



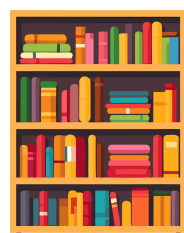
NEEDLE FELTED ORNAMENT MAKING

LEARN THE BASICS OF NEEDLE FELTING AND MAKE A NEEDLE FELTED
ORNAMENT OR TWO. NO EXPERIENCE NECESSARY, JUST INTEREST
AND CURIOSITY. THERE ARE TWO SEPARATE SESSIONS FOR THIS
CLASS, SIGN UP FOR JUST ONE, OR SIGN UP FOR BOTH!



SESSION 1 : WED, DECEMBER 3
SESSION 2 : WED, DECEMBER 10
6-8PM
\$30 PER SESSION





LIBRARY PROGRAMMING OPPORTUNITIES

contact the Brownell Library for more information on any of these programs!

Vermont Astronomical Society

FEATURED TALK & CONSTELLATION OF THE MONTH

FIRST MONDAY OF THE MONTH

7:30-9PM

IN PERSON AND ON ZOOM - ASK FOR THE LINK!

UPCOMING BROWNELL CLOSURES:

10/30
11/11
11/27
11/28

Vermont Emergency Management Talk

A special guest from Vermont Emergency Management visits us at the Brownell Library to teach us emergency preparedness. This program, in collaboration with, Vermont Humanities, relates to this year's Vermont Reads book "The Light Pirate" by Lily Brooks-Dalton.

Wednesday, November 5th
6:30-8:00pm

Current Events

TUESDAYS 10-11:30AM

ENGAGE WITH YOUR COMMUNITY

LOCAL, NATIONAL, AND WORLD EVENTS

STAY INFORMED

DISCUSS CURRENT EVENTS WITH COMMUNITY MEMBERS

Library Potluck

Join us for our Library Potluck!
We meet monthly on the third Friday of the month from 6-7:30.
Please bring a dish to share and a list of ingredients for people with allergies.

GRIEF GROUP

Finding Support Together

Guided by certified death doula Karen Hergesheimer, our conversations offer understanding, education, and valuable resources to help you through this journey.

First Wednesday of every month from 6:30-7:30
hot tea provided



ESSEX HOLIDAY SENIOR LUNCHEON

HOSTED BY THE ROTARY
CLUB OF ESSEX



**TURKEY DINNER WITH GRAVY, MASHED
POTATOES, STUFFING, CRANBERRY SAUCE,
SALAD, & PUMPKIN PIE**

**TICKETS WILL BE AVAILABLE IN
NOVEMBER ARE \$5 AND
LIMITED!**

**AVAILABLE AT THE
FOLLOWING LOCATIONS
MONDAY-FRIDAY 8-4PM:**

- **ESSEX JUNCTION
RECREATION AND PARKS
OFFICE: 75 MAPLE STREET**
- **ESSEX JUNCTION CITY
CLERK: 2 LINCOLN STREET**
- **ESSEX TOWN CLERK: 81
MAIN STREET**

**AND JULIE WILL HAVE THEM AT
ALL WEEKLY SENIOR CENTER
PROGRAMMING**

**ADL MIDDLE
SCHOOL
CHOIR WILL
BE SINGING
CHRISTMAS
CAROLS**

**WEDNESDAY
DECEMBER 10TH
12:15-1:30PM
AT THE BLUE RIBBON
PAVILION AT THE
CHAMPLAIN VALLEY
FAIRGROUNDS**

BRAIN GAMES!

NOVEMBER SUDOKU

5	2					1	4	
		4		5				7
		3	6	9			5	8
	6					4	3	
			1		9			
	7	1					8	
2	9			1	5	8		
4				8		7		
	3	8					2	9

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NOVEMBER WORD SCRAMBLE

Thanksgiving Word Scramble

Unscramble the following list of shuffled words to meaningful words!

- GNNIHKTGSAVI
- EYKUTR
- GATREDTIU
- SEATF
- GPIMLIRS
- ETAVHSR
- AYFIML
- PUNPMIK
- RRYRNCEAB
- ACPROOUNIC
- NUTFFGSI
- SEDMHA OTAPETOS
- DOACBRNRE
- MATNUU
- IENAVT AASECNRIM
- SGSNBELIS
- PEI
- OLBOTLAF
- PRAEAD
- GSNAHRI

justfamilyfun.com

QUIZ TIME!

What do you call a baby kangaroo?

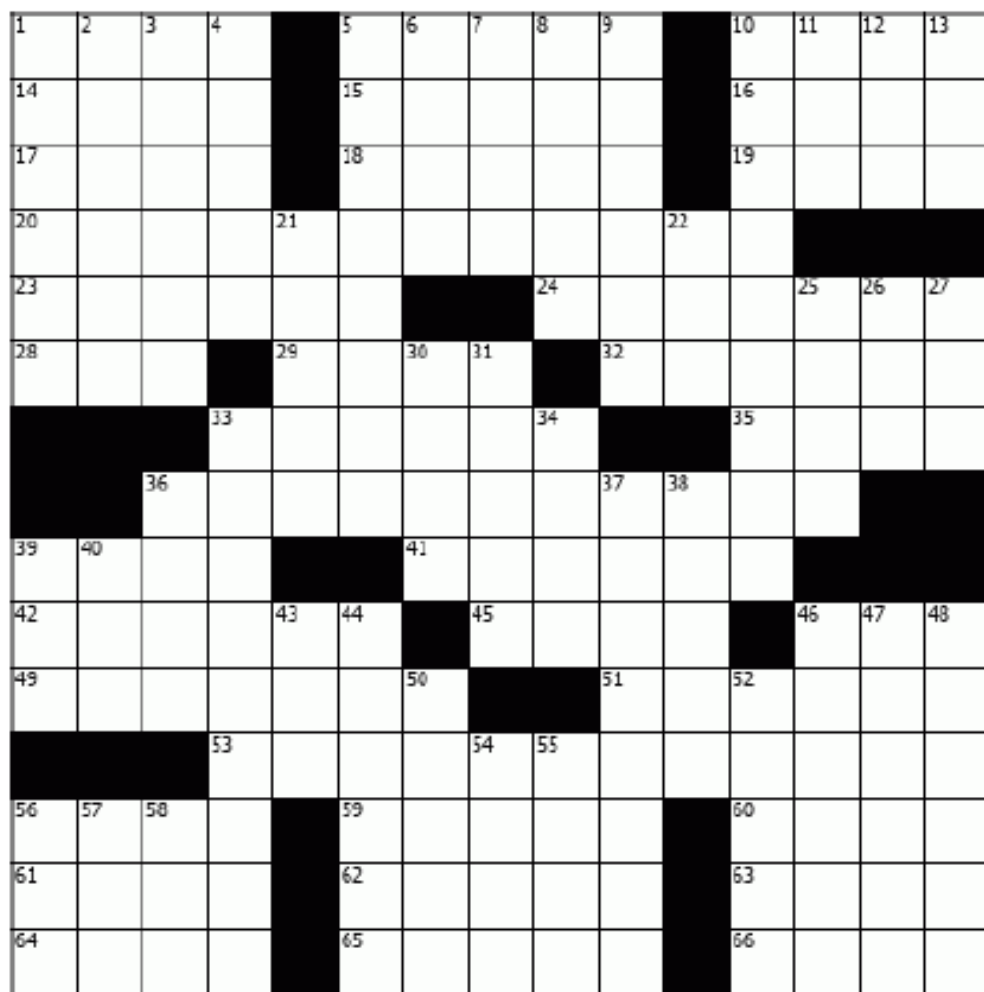


Answer key on page 23

CROSSWORD

Across

1. Palindromic band
5. "Steel" star
10. "When it's ____" (riddle end)
14. Author Chomsky
15. ____ Dame
16. "Chariots of Fire" highlight
17. Big name in slugging
18. Bother to no end
19. Wild goat
20. Song featured in "Jesus Christ Superstar"
23. Chipped stone
24. Parodied
28. Guff
29. Olive and palm, e.g.
32. Naval instruments
33. Film Dr. with an island
35. Med. school subject
36. Ante-nuptial purchase
39. Open-mouth sounds
41. Erechtheum locale
42. Chummier
45. Jacob's brother
46. Implement at Henley
49. Analogous
51. Telephone part
53. When to leave a message
56. Equalize
59. 1940s internees
60. French 101 word
61. "Yes, yes!" somewhere
62. Like some cakes and cereals
63. Slangy lead-in for "boy!"
64. Blueprint detail
65. Moved on a curve
66. It may be rigged



Down

1. Countercharge
2. Insincere lament
3. Solidified lava
4. High-end viola
5. Foot, in relation to a yard
6. Wordsmith Webster
7. Novel ending?
8. Persian Gulf figures
9. Lulls
10. Sierra Vista folks
11. One-two part, sometimes
12. Cable TV's Emmy
13. Tarquinius Priscus' title
21. Remained firm
22. Disorganized situation
25. Point of attack?
26. Mesozoic, e.g.
27. "Spring ahead" abbr.
30. "Star Wars" character
31. "À votre ____" ("To your health!")
33. Like some sacred music
34. Test-kitchen turndowns
36. Pronoun in a Hemingway title
37. Arriving at
38. Toughen
39. Summer coolers
40. Boxer Laila
43. Present wrapper, maybe
44. Proportions
46. Single-named folk singer
47. Advisories
48. Echo
50. Further shorten, as a piece of wood
52. Crosswise, on deck
54. Alphabet sequence
55. "Boston Public" extra
56. Pothook shape
57. Type of lounge
58. Computer add-on?

Answer key on page 23

GREEN MOUNTAIN PASSPORT

**-A Vermont State Park Visitor's Pass
Discount Program for Seniors & Veterans-**

What is the passport for?

- Free admission to VT State Parks (overnight camping and other park fees are excluded)
- Free admission to Vermont State Historic Sites
- Free admission to events that are fully State-sponsored

Who is eligible?

- Must be a legal resident of the Vermont town or city in which you are applying
- Must be either 62 years of age or older, or a veteran of the uniformed services

How do I get a Green Mountain Passport card?

- Fill out an application at your local City or Town Clerk's Office
- Pay a one-time, \$2 fee to the municipal clerk
- Receive your Green Mountain Passport Card!

**FOR MORE INFORMATION ON THE GREEN MOUNTAIN
PASSPORT CARD, CONTACT
YOUR LOCAL CITY OR TOWN CLERK'S OFFICE**

**FOR MORE INFORMATION ABOUT VERMONT STATE PARKS,
VISIT VTSTATEPARKS.COM**

AGE WELL CORNER



CAPABLE Program COMMUNITY AGING IN PLACE ADVANCING BETTER LIVING FOR ELDERS



Designed to help older adults function safely in their homes

SERVICES:

- 6 home visits from an Occupational Therapist
- 4 home visits from a registered nurse
- Minor home repair, modifications, & assistive devices

Teams comprised of an occupational therapist, a registered nurse, and a handyman to help older adults identify their own self-care goals which can decrease hospitalization and healthcare costs



ELIGIBILITY:

- 60 years of age or older
- Live in Addison, Chittenden, Franklin, or Grand Isle counties
- Have some difficulty with any ADL (such as bathing, dressing, grooming, eating, walking across a small room)
- Cognitively intact
- Not receiving active cancer treatment or pending surgery
- Not terminally ill
- Income eligible - call for more information

Questions & Referrals: 1-800-642-5119



Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

Holy Family Parish Luncheons

Meal provided to individuals 60+ years of age*

When & Where

MONDAYS Nov 3 and 17

Check in: 11:30 Lunch: 12:00

Holy Family Parish

30 Lincoln St Essex Jct

November 3

Scalloped potatoes w/ turkey, ham, & cheese,
Mixed beans, Roll, Cookie

November 17

Roast turkey, Mashed potatoes, Stuffing,
Gravy, Rolls, Pumpkin Pie

Contact & Registration

Julie Shorter Program Director

802- 878-1375 ext 1553

jshorter@ejrp.org

Please register 1 week in advance

No takeout available

\$5 suggested donation per meal

*Age Well registration required

Happy
Thanksgiving



20



Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org

Town Meadow Senior Housing Turkey Luncheon November 18

Available to individuals 60+ years of age.

menu:

Roast turkey, Mashed potatoes,
Stuffing, Gravy, Rolls, Pumpkin Pie

When:

Tuesday, November 18, 2025
Check in: 11:30 Lunch Served:
12:00
No delivery available \$5
suggested donation
Restaurant tickets will be
available for distribution.

CAN'T MAKE OUR
THANKSGIVING LUNCH
ON MONDAY? TOWN
MEADOW HAS THEIRS
ON TUESDAY!

\$5

SUGGESTED
DONATION

Advanced registration
required
Register by 11/12/25

Where:

Essex Town Meadow Senior Housing
22 Carmichael St., Essex

Contact to register:

MJ Merchant
Merchant@cathedralsquare.org
802-859-8866



RESTAURANT TICKET PROGRAM

Program Overview: Age Well has partnered with restaurants in various VT counties to offer nutritious meals to people aged 60+. Individuals can register, donate for a ticket, and dine at one of the restaurants with family/friends on their own time.

Cost: The suggested donation is \$5 per ticket.

Ticket Usage: Upon arrival, present your Age Well ticket to your host/server. They will then give you the special Age Well menu which has been reviewed and is compliant with the Older American's Act guidelines. All other members of your party will select from the regular menu at regular price. Substitutions are not allowed. Any extra items or substitutions ordered will be charged at full price.

PARTICIPATING RESTAURANTS:

ADDISON COUNTY

- **3 Squares Cafe:** 141 Main St in Vergennes
(Available Monday, Thursday, Friday, & Saturday 8:00am - 3:00pm)
- **Rockers Pizzeria:** 191 Main St in Vergennes
(Available Monday-Friday 11:00am - 4:00pm)
- **Halfway House:** 450 VT-22A in Shoreham
(Available Monday-Thursday 5:00am - 8:00pm)
- **The Bridge Restaurant:** 8013 Rte 17 in West Addison
(Available Wednesday-Sunday 11:00am-Close (Labor Day-April 30th)
Wednesday and Thursday 11:00am-Close (May 1st-Labor Day)

CHITTENDEN COUNTY

- **The Dutch Mill Family Restaurant:** 4309 Shelburne Rd in Shelburne
(Available Monday-Friday 7:30am - 2:00pm)
- **Innovation Cafe:** 128 Lakeside Ave in Burlington
(Available Monday-Friday 8:30am-1pm)
- **Ray's Seafood Market:** 7 Pinecrest Dr in Essex Junction
(Available Sunday-Wednesday 11:00am - 3:30pm - Labor Day-Memorial Day)

FRANKLIN/GRAND ISLE COUNTY

- **Greenwood Deli & Bakery:** 101 Main St in Richford
(Wednesdays Lunch (11:30am-3pm), Fridays Breakfast (9am-11am))
- **Wally's Place:** 260 Rte 2 in South Hero
(Available Wednesday, Thursday & Friday 10am-2pm - Labor Day-Memorial Day)
- **Kraemer & Kin:** 230 Rt 129 in Alburgh
(Closed Nov 24 - March 31)
(Available Thursdays 3:00pm - 8:00pm, Friday/Saturday 11:00am - 8:00pm, Sunday 11:00am-3:00pm)



**TICKETS ARE AVAILABLE AT THE AGE WELL OFFICE AT
875 ROOSEVELT HWY, STE. 210 IN COLCHESTER**

CALL 802-662-5200 FOR MORE INFORMATION

TRANSPORTATION



SSTA BUS OPTION



The Special Service Transportation Agency (SSTA) offers an ADA paratransit program for residents who live within 3/4 of a mile from a fixed route bus service, provided by Green Mountain Transit (GMT), and have a disability that prevents them from walking to or waiting for a bus. Regarding the mile threshold, almost all of the City of Essex Junction qualifies with exceptions being a handful of households within neighborhoods at the western end of South Street, Cascade Street, and Dunbar Drive and a few households at the northern edge of Old Colchester Road. In order to utilize the service, an application must be completed and processed in advance (can take up to three weeks). Applicants will need a certified healthcare professional to verify their disability. The cost per ride for the user is \$2.50.

The application and further information can be found here:

<https://ridegmt.com/paratransit-application/>

If you are not sure if you qualify for the paratransit program or know that you do not, you should call SSTA (802-878-1527) to inquire about what transportation options may be available to you.

If you would like assistance making this call and understanding your options, an EJRP staff member would be happy to help you (802-878-1375).

Crossword Answer

A	B	B	A		O	N	E	A	L		A	J	A	R
N	O	A	M		N	O	T	R	E		R	A	C	E
S	O	S	A		E	A	T	A	T		I	B	E	X
W	H	A	T	S	T	H	E	B	U	Z	Z			
E	O	L	I	T	H			S	P	O	O	F	E	D
R	O	T		O	I	L	S		S	O	N	A	R	S
				M	O	R	E	A	U		A	N	A	T
				W	E	D	D	I	N	G	R	I	N	G
A	A	H	S			A	T	H	E	N	S			
C	L	O	S	E	R		E	S	A	U		O	A	R
S	I	M	I	L	A	R			C	R	A	D	L	E
				A	F	T	E	R	T	H	E	B	E	E
E	V	E	N		I	S	S	E	I		E	T	R	E
S	I	S	I		O	A	T	E	N		A	T	T	A
S	P	E	C		S	W	U	N	G		M	A	S	T

Sudoku Answer

5	2	9	8	7	3	1	4	6
6	8	4	2	5	1	3	9	7
7	1	3	6	9	4	2	5	8
9	6	5	7	2	8	4	3	1
8	4	2	1	3	9	6	7	5
3	7	1	5	4	6	9	8	2
2	9	7	3	1	5	8	6	4
4	5	6	9	8	2	7	1	3
1	3	8	4	6	7	5	2	9

TRIVIA ANSWER:
A JOEY

Word Scramble Answers

Solution	
(Unscramble the following list of shuffled words to meaningful words!)	
GNNHKOTOSAVI	THANKSGIVING
EYKUTR	TURKEY
GATREDTIU	GRATITUDE
SEATF	FEAST
GPMLIRS	PILGRIMS
ETAVHSR	HARVEST
AYFIML	FAMILY
PUNPMIK	PUMPKIN
RRYRNCEAB	CRANBERRY
ACPROOUNIC	CORNUCOPIA
NUTFFGSI	STUFFING
SEDMHA OTAPETOS	MASHED POTATOES
DOACBNIRE	CORNBREAD
MATNUU	AUTUMN
IENAVT AASECNRM	NATIVE AMERICANS
SGSNBELUS	BLESSINGS
PEI	PIE
OLBOTLAF	FOOTBALL
PRAEAD	PARADE
GSNAHRI	SHARING



WHAT'S NEW ON NETFLIX

- ***Little Women (Limited Series)*** – The BBC/PBS Masterpiece period drama series based on the beloved novel.
- ***Wonka (2023)*** – Timothée Chalamet headlines as Willy Wonka in this new imagining of Roald Dahl's *Charlie and the Chocolate Factory*.



NOVEMBER'S BOOK PICK

Title: Full Duty **Author:** Howard Coffin

From the defense of Washington and the siege of Richmond, from Big Bethel to Cedar Creek, we observe the bravery and exploits of Vermont's farm-bred troops who turned the tide in pivotal battles to preserve the Union. More than 10 percent of Vermont's entire population-34,238 Green Mountain men and boys-served in the war, sustaining one of the largest per capita losses incurred by a Northern state.

COOKING CORNER

JIFFY CORN CASSEROLE

SERVES 8
PREP TIME: 20 MIN
COOK TIME: 50 MIN

INGREDIENTS

- ¼ CUP BUTTER
- 1 LARGE ONION, DICED
- ½ LARGE GREEN BELL PEPPER, DICED
- 1 (4 OUNCE) JAR CHOPPED PIMENTO PEPPERS
- 2 LARGE EGGS
- 1 (8 OUNCE) PACKAGE JIFFY CORN MUFFIN MIX
- 1 (4 OUNCE) CAN DICED GREEN CHILES
- 1 (15.25 OUNCE) CAN WHOLE KERNEL CORN, WITH LIQUID
- 1 (15.25 OUNCE) CAN CREAMED CORN
- 1 PINT SOUR CREAM
- 1 CUP SHREDDED CHEDDAR CHEESE

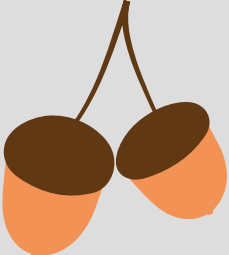
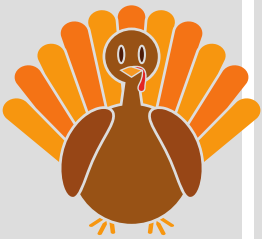


Recipe from:
<https://www.allrecipes.com/recipe/274670/jiffy-corn-casserole/>

INSTRUCTIONS

- Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- Melt butter in a skillet over medium heat. Add onion, bell pepper, and pimento peppers and saute until tender, about 5 minutes.
- Combine eggs, corn muffin mix, green chiles, whole corn, and creamed corn in a large bowl with the onion mixture.
- Stir together and pour into the prepared baking pan.
- Drop sour cream by the spoonful on top of the mixture; cover with Cheddar cheese.
- Bake in the preheated oven until casserole is firm, about 45 minutes.

NOVEMBER 2025 CALENDAR

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
						1
2 9-10AM NIA DANCE	3 9-10AM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY 7:30-9PM VERMONT ASTRONOMICAL SOCIETY	4 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	5 1:30-3:30PM CRIBBAGE 6:30-7:30PM GRIEF GROUP 6:30-8PM VERMONT EMERGENCY MANAGEMENT TALK	6 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	7 9-10AM YOGA 10AM-12PM MAH JONGG	8
9 9-10AM NIA DANCE	10 9-10AM "LIFTING" SPIRITS 11AM-12PM WALKING CLUB	11 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO 6PM VETERAN'S DAY MASS 6PM ST PIUS	12 1:30-3:30PM CRIBBAGE 6-8PM HARVEST STILL LIFE DRAWING & PAINTING	13 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	14 9-10AM YOGA 10AM-12PM MAH JONGG 11AM-12PM WALKING CLUB	15
16 9-10AM NIA DANCE	17 9-10AM "LIFTING" SPIRITS 11:30-1PM AGE WELL LUNCH AT HOLY FAMILY 11AM-12PM WALKING CLUB	18 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO 11:30-1PM AGE WELL LUNCH AT TOWN MEADOW 12:30PM CRANKIE SHOW	19 1:30-3:30PM CRIBBAGE	20 9:30-10:30AM ZUMBA GOLD 12:30-4PM DUPLICATE BRIDGE	21 9-10AM YOGA 10AM-12PM MAH JONGG 11AM-12PM WALKING CLUB 6PM LIBRARY POTLUCK	22
23 9-10AM NIA DANCE 2-3PM GIRL SCOUTS VISIT	24 11AM-12PM WALKING CLUB	25 10-11:30AM CURRENT EVENTS 10AM-1PM BINGO	26 1:30-3:30PM CRIBBAGE	27 THANKSGIVING NO PROGRAMS	28 NO PROGRAMS	29
30						



Have something you'd like to add to the next newsletter? See Julie or email her at jshorter@ejrp.org !